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**Is it true? Is suffering part of what it means to be human?**

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Suffering is such a common, but certainly not trivial, part of life that it’s everywhere you look. There are all types of suffering in the world. The large-scale suffering of war and hunger and poverty and persecution, but also the personal suffering of the death of a loved one, having your heart broken, or having a life-altering disease.

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**What other types of suffering have you seen or even experienced?**

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The Bible is full of encouragement for those who suffer, whether that suffering is coming in the form of persecution or from some other force. We can even bring suffering upon ourselves. But Scripture keeps reminding us that God still cares, He has not abandoned us, that He sits with us in our suffering, and that we will come out of this stronger than before.

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**What encouragement does James give us here?**

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He provides two examples. First the “prophets who spoke in the name of the Lord.” Jeremiah is the best example of a prophet who suffered for speaking the truth. (Also, if you’re counting up allusions to the Sermon on the Mount, here’s another. Check out Matthew 5:11–12.) The second example is Job.

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**What do you know about Job?**

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